

T3 PERFORMANCE

Pitchers Development Program

with Jordan Kraus



LEAD INSTRUCTOR: **JORDAN KRAUS**

- New York Mets Pitching Coach 2023-2024
- Pitching Coordinator at Cressey Sports Performance 2019-2023
- Pitching and Strength & Conditioning Coach at T3 Performance 2016-2019
- Professional Pitcher 2014-2019



NOVEMBER 4 - FEBRUARY 9

MONDAY & WEDNESDAY - OR - TUESDAY & THURSDAY SESSIONS



- Arm Health
- Velocity Development
- Delivery/Movement
- Mechanics
- Individualized Movement Prep
- Command/Pitch Ability
- Pitch design/Arsenal development
- Individualized Throwing program
- **Track Man Technology**



TWO LEVELS:

1. High School classes of 2025-2028

12 weeks/2x week, 24 sessions/48 hours
\$1899 Mon & Wed or Tue & Thur. 4-6 pm
Includes Velo Training

2. Middle School Ages 12-14U

12 weeks/2x week, 24 sessions/48 hours
\$1499 Mon & Wed or Tue & Thur. 6-7 pm
Includes ATR/Velo Training for 3 months

Train at T3 Performance Sports Campus.

Free open training during Christmas week



Instructor
JD HAMMER

- Professional Pitcher 2016-2023
- Pitching Coach at T3 Performance 2021-2024



REGISTER ONLINE
[T3athlete.com/events/pitching](https://www.t3athlete.com/events/pitching)

1965 Recreation Lane, Avon
440-934-2244 / www.t3athlete.com

"Better Training, Better Athletes"

PERFORMANCE